



Rides Supplement September 2009

Camberwell Downhill Gourmet Bike Riders

August Ride

Extreme weather meant that the August ride was severely curtailed. Only a few riders started out and even they soon abandoned the attempt to battle the cold, wet and very windy conditions.

September Ride:

WHEN: 20th September 2009

WHERE: Kilcunda to Wonthaggi and return.

TIME: 10.30am for 10.45am start

DISTANCE: Approximately 30 – 32kms.

DETAILS: Meet and leave cars at Kilcunda Shops

HOSTS: David and Geraldine Powell – 9807 0114. Please advise if coming.

Rides and Leaders for 2009

October 18th Bruce & Yvonne; **November** 15th ?

As you can see an organiser is still needed for November so think about offering your services.

Dinner: November 13th

Hawthorn Cycle Tours

Hawthorn Cycle Tours (run by the Hawthorn Aquatic and Leisure Centre) has 10 bikes (and helmets) available. Or you can bring your own bike (and helmet) if you prefer. Rides are on Tuesday mornings from 9.30am - 11.00am. Child minding is available at the Creche. It is a social ride, with either a coffee stop out on the trail or on return to the centre (or both!). Distance travelled is usually between 15-20km, mostly flat riding with an occasional hill. Riders' ages vary from 20-70 years old. Contact: Hawthorn Aquatic and Leisure Centre, phone: 9815 0988, Website:

<http://www.geocities.com/perften/Hct.html> or e-mail: lexbishop@bikerider.com

Ashburton Riders Club

ARC is an informal group of cyclists from (mostly), the Ashburton, Glen Iris and Camberwell area who ride for fun, fitness and good company. We seek to be inclusive of, and helpful to, all riders (male and female) and of differing fitness levels. We have approximately 70 cyclists on our email list.

We have a regular Sunday 7am ride to Black Rock for coffee. However, there are always more rides of shorter and longer distances and on other days. These alternative rides are organised by ARCers posting a notice on the [ARC Forum](#). We enter many of the main organised rides in Victoria such as Around the Bay, the Great Divide Ride and Amy's Ride.

You are welcome to join us for a ride.

Schedule of rides:

Sunday (every week), 7am to Black Rock for coffee (44k)

Monday (every week) Hawthorn velodrome leaving from 8 Audrey Cr at 6.10am, return 7am

Tuesday (every week) Carnegie velodrome leaving 6 Rosedale Rd at 6.10am, return 7am

Other Rides will appear here if advised to ARCer1 via a [Forum](#) message prior to Wednesday 5:00 pm .

Rides start from Ashburton Railway Station car park, west/city side of the track unless otherwise stated.

Contacts: Tony Landsell' email: tony@diacher.com or Justin Murphy, email: murphij@au1.ibm.com

Kew Neighbourhood Learning Centre Bike Riding Group

Get back into cycling. Explore the Yarra bike paths. Make sure you have checked your bike is in working order before you come. Rides are between 15km -25km. Let us know if you are coming.

Free - Second Wed of the month - 9.30am -12pm

Contact: Robin Kendrick, phone: 9853 3126

Surrey Hills Neighbourhood Centre Group

The group rides on the 2nd and 4th Monday, but will possibly move to weekly rides as interest grows. Meet at 10am at the nominated place. BYO drink. Most rides are 20-25km (3hrs approx) As no liability is taken by the SHNC, cyclists are encouraged to join Bicycle Victoria, and RACV Bike Assist as an optional extra. Bookings essential at the Centre Monday to Friday 10am-4pm. Surrey Hills Neighbourhood Centre, 157 Union Rd, Surrey Hills 3127; phone: 9890 2467; email: info@surreyhillssnc.org.au ; www.surreyhillssnc.org.au

Finbar Neighbourhood House Rides

We are now riding regularly on the third Sunday of the month. Meet at Finbar, 143 Kent Street, Richmond to ride at 10.30am. We try to stick to paths where possible and always include a stop for a cuppa and chat. ALL WELCOME.

Contact Deb in the office on 9428 7668 or 0403 028 200 on the day.

Sassafras Ride

Every Sunday all year. Starts at *Bike Life*, 114 Auburn Road, Hawthorn, near corner of Burwood Rd and the overhead railway bridge, Melways Ref. Map 45 F10. Arrive prior to 7:30am to ensure departure at 7:30am sharp. Arrives in Sassafras around 9:00am and leaves Sassafras by 9:30am Arrives back in Hawthorn around 10:45am.

Distance under 70km from Hawthorn to Sassafras return (includes the 7km 1 in 20 hill climb). Route: Auburn Road, Rathmines Road, Canterbury Road, Boronia Road, Mountain Highway (Wantirna Sassafras Road), Mount Dandenong Tourist Rd. You can join and leave the peloton anywhere along this route.

Refreshment stop: Café *Ripe*, 376 Mount Dandenong Tourist Road, Sassafras, phone: 9755 2100; Melway Ref. Map 66 F9.

Council on the Ageing (COTA) Cycling Group - Rides Program

Seniors Bike rides in 2009

We ride 4 Wednesdays each month.

- The 1st and 3rd Wednesday rides are short (20- 30km) to encourage less experienced riders to join us and the route is chosen on the day, unless specified. The 2nd and 4th Wednesday rides are more challenging, (50- 70km).

- We generally meet at **10am** at the 'Place to meet' (see below). Check the timetable to catch a train to arrive before 10am. A coffee stop is found midmorning. We take our own lunch and picnic together on the long rides. Riders are welcome to join the ride along the way or cut the ride short at any point.

- If the temperature is 30°C or above on the day, the long rides will be cut short.

- Please contact **Janet Bennett** by e-mail janpeter@bigpond.net.au or on **9853 9808** to discuss details.

Those rides when Janet is not leading, alternative leaders will be listed.

All riders are requested to join COTA. We also recommend that riders join Bicycle Victoria.

Date	Place to meet	Description and distance	Grade
Sep 9 th	Eltham station MEL 21 J7	<i>Eltham to Southbank ~ 50km.</i> Eltham station to Aqueduct circuit and then to the city via Diamond Creek and the Main Yarra trails.	Hard/ hills
Sep 16 th	New Quay MEL 2E 4G	Short ride	Easy
Sep 23 rd *	Jacana station MEL 6 G12	<i>Woodlands Park ride ~ 50km.</i> Join the Moonee Ponds crk trail, ride to Woodlands Park, climb Gellibrand Hill and return to Southbank. Leader Richard Hawkey.	Medium
Sep 30 th	No ride		
Oct 7 th *	Southbank footbridge MEL 2F F7	Short ride. Leader Peter Sperring.	Easy
Oct 14 th *	Yarra Boulevard, MEL 59 B1 (St. Kevin's boathouse) or ride from Flinders St. or Burnley station.	<i>A circuit of the city ~ 70km.</i> Ride the Gardiner crk, Scotchmans crk trails to Jells Park, then the Eastlink, Koonung crk and Main Yarra trails to return to start. Leader Ed Biggs	Medium
Oct 21 st	Southbank footbridge MEL 2F F7	Short ride	Easy
Oct 28 th	Meet at Meenyan on the GS rail trail or Southbank at 10am.	<i>Ride the (GS) Great Southern rail trail to Foster and return ~ 64km</i> or meet at Southbank to choose a ride on the day.	Medium
Nov 4 th *	Southbank footbridge MEL 2F F7	Short ride. Leader Peter Sperring.	Easy
Nov 11 th *	Thomastown station MEL 8 J7	<i>Greenvale to the city ~50 km.</i> Link to Ring Rd, then Westmeadows Trail, Mickelham Rd (bike lane/path), streets to Greenvale Reservoir Park. Return by Yuroke crk, Broadmeadows Valley, Moonee Ponds crk trails back to City. Leader Les Deady.	Medium with 1 long climb
Nov 18 th		Short ride	

Nov 25 th *	Heidelberg station MEL 31 K4	<i>Croydon to Box Hill station ~ 55 km.</i> Yarra, Koonung, Mullum-Mullum Trails to end. Streets to Croydon town. Down Tarralla Creek, Dandenong Ck Trails, then streets east past Blackburn Lake, to finish at Box Hill Station. Leader Les Dedy.	Hard
Dec 2 nd *	Southbank footbridge MEL 2F F7	Short ride. Leader Peter Sperring.	Easy
Dec 9 th	Jacana station MEL 6 G12	<i>Southbank via Craigieburn ~ 50km.</i> Moonee Ponds crk, Broadmeadows Valley Park trails and the back streets of Roxborough Park to Craigieburn. Return to city via Hume and Merri crk trails.	Medium
Dec 16 th	Royal Park station Mel 29 E11	Christmas lunch ride to Graduate House, 220 Leicester St., Carlton. Ring Janet to book	Easy

Whitehorse Cyclists Inc

Last updated August 13 2009

Date	Destination	Description	Distance and grade	Leader Contact
L Beginners' rides run on Sundays. Details posted on the beginners' rides page weekly				
Sun 6/09 9:30 am	Mystery ride	If people turn up - Valda Avenue		TBA
Mon 07/09 to Fri 11/09	Bendigo Hub and Spoke	Monday warm-up ride (max 20km) to view some of Bendigo 's historical places of interest. Tue to Thu local roads and trails in surrounding countryside	Various	David Y 9884 8037 0401 013 395
Tue 08/09 9:30 am	Easy Tuesday Montmorency	Koonung Trail; Doncaster	35 E	Geoff D 9836 8037
Tue 08/09 9:30 am	Hard Tuesday Mt Dandenong	Ferntree Gully Montrose etc	70 M/H	Abdy 0413 327 650
Tue 8/09 7:45 pm	Club Night	Corner Station & Combarton Sts Monthly Meeting		Bob B 9801 2809
Mon 19/10 To Fri 23/10	Tatura Hub and Spoke	Visiting nearby towns eg: Kyabram, Stanhope, Murchison, Mooroopna, Shepparton	TBA	Bruce E 9848 4804
Mon 09/11 To Fri 13/11	Easy Go East Gippsland Hub and Spoke	Day rides visiting nearby towns eg: Nicholson, Bruthen, Paynesville, Lindenow	TBA	Jacques F 9497 2306
Tue 10/11 to Mon 23/11	South Australia	Supported ride through Fleurieu Peninsula , Adelaide , Barossa Valley	600 App	Lindsay B 9801 2809
Tue 13/10 7:45 pm	Annual General Meeting and Elections	Corner Station & Combarton Sts Note change of date		Bob B 9801 2809
Fri 27/11	Club Annual Dinner			Lindsay B 9801 2809

Banyule Bicycle User Group—Rides Program

Rides start from Heidelberg Park (Melway ref 32 B4) unless otherwise indicated. Visitors are welcome to just turn up. Flexible ride options will be available at 9:00am Sundays or 9:30am (10:00am in August) Tuesdays and Fridays to cater for newcomers and others seeking to improve

their riding fitness. For further details contact Graeme W. 9435 9687. Leaders can also provide additional information if required.

EasyRide: every Tuesday and Friday **9:30am (10:00am in August)** – relaxed pace and informal, with break for coffee/snack/chat. **Contact: Les B. 9435 0615 for further details.**

HarderRide: every Tuesday and Sunday **9.00am.** BYO morning tea. Check program below.

September	<i>Ride/Event</i>	<i>Description</i>	<i>Leader</i>
Sun 6	“Riders’ Choice” Rider who suggests is leader, otherwise by agreement		
Tue 8	“Riders’ Choice” Rider who suggests is leader, otherwise by agreement		
Sun 13	<i>Broadmeadows</i> 50 km.	Out and back to Roper Reserve by Ring Road.	Richard B/ 9459 8648
Tue 15	<i>Royal Park</i> 35 km.	Out through Wilson Res, Capital City Trail. Return by Upfield trail to Coburg, streets, Merri Ck, and streets to W. Heidelberg.	John G/ 9439 3884
Sun 20	<i>Edwardes Lake</i> 37 km	Out by Darebin Creek Trail and Reservoir Streets. Return by Ring Road, Greensborough and Plenty River Trail (a few H1).	Lou B/ 9459 6887
Tue 22	<i>Currawong Park</i> 35 km.	Out and back via Westerfolds & Mullum Trail. Short H3 into Currawong Park. Careful on short piece of road.	Maurie A/ 0409 186082
Sun 27	<i>Yarra Bend</i> 35 – 40 km	Streets west to Merri Ck (1 x H2). Down the Trail to break at Studley Park. Return by Boulevard (some H1) and Yarra Trail.	Richard B/ 9459 8648
Tue 29	<i>Point Cook</i> 74 km	Capital City Trail to South Kensington station (coin-only machine). Train to Altona (Zone 1). Ride Coastal Trail, Altona Meadows/Sanctuary Lakes streets & trails to the Coastal Park for lunch. Return by same route. Train from Altona to H'berg via city would shorten trip by 20 km.	Les D/ 9459 2701

NightRide: Every Wednesday **8:00pm from Rivergum Walk at Banyule Rd pedestrian traffic lights -**

20 km on Koonung trails or Yarra Trail to Westerfolds Park. Lights required. Contact: Robert 9457 1980

Manningham BUG

Rides are subject to change so

ALWAYS phone the ride contact close to the date of the ride to confirm details.

For general enquiries ring Harvey (03)9890-8006 or Garry (03)9439-5016

Mid Week Rides

There are rides on most Wednesdays. Meet at 9:30am at Warrandyte (outside Pasta Mania) for a local ride every second week, alternating with a 10am meeting at a distant location for a longer ride. Contact Don 9848-5803

Mitcham to Glen Waverley Bakery - Sept 26th

Details to follow for a Yummy ride. Lyn and Jan.

Phillip Island weekend. Oct 10-11, Holiday house accommodation, details to follow.

Contact Gary 9439 5016.

Rutherglen weekend. Nov. 6-8. Camping or unit accommodation, details to follow.

Contact Gary 9439 5016.

Melbourne Bicycle Touring Club

Rides Program

September			
Thu 3 Sep	Outback		Rob
Sat 5 Sep	The Crucifixion cafe ride (Mt Dandenong)	80km very hard	Peter
Sun 6 Sep	John's 60th Ride - Up the (Moonee Ponds) Creek and down the (Merri) Creek to Pentridge. Coburg Lake Gentle ramble along (mainly) bike paths, ending in birthday cake at the park by Coburg Lake. Optional ride around the redevelopment at Pentridge prison, or a visit to the small Coburg Historical Society museum with its memorabilia of Pentridge and Coburg. Definitely More Bakeries Than Cycling.	40km easy- med	John
Sun 6 Sep	Boroondara Discovery Ride: Kew and the Yarra Valley	20km easy	Phil
Thu 10 Sep			John
W/E 12-13 Sep	Lilydale to Warburton via Rail trail. Leave Lilydale Station early Sat morn. Check into Alpine Retreat Hotel and either wander around town or head up to the aqua-duct for some scenic riding along a fern edged path. Dinner and bed at Alpine Retreat Hotel. Leisurely brekky / brunch / shop at Warburton before a relaxed ride back to Lilydale.	80km easy- med	Julie
Sat 12 Sep	A relaxed ride from Gisborne to Melbourne's northern suburbs. Stopping at the historic Clarkefield Pub for lunch. Subsidised	60km medium	Jon
Sun 13 Sep	Family ride Gardiner's Creek Trail	30km easy	Paul
Sun 13 Sep	Belgrave circuit via Yellingbo	50km med- hard	Geoff
Thu 17 Sep	Trip Planning		Paul
Sep 19-27	Kangaroo Island		Glenn
Sat 19 Sep	Small wheeled bikes ride Studley Park to CERES	20km easy	Jim
Sun 20 Sep	Pakenham to Lilydale via Gembrook & Hoddles Creek	70km medium	Peter
Thu 24 Sep	Spring Maintenance		John

Sat 26 Sep	Otways odyssey	Hard	Claire
Sun 27 Sep	Sugarloaf Reservoir loop	70km med- hard	Peter
October			
Sat 3 Oct	Fairfield loop to Park Orchards	70km medium	Peter
Sun 4 Oct	Club BBQ or Progressive Lunch	socially filling	Peter
Sat 10 Oct	Tandems only (Fed Square to Eltham)	40km easy	Tony
Sun 11 Oct	Trentham, Daylesford, Kyneton	76km medium	Rob

For information on the above rides, please contact the Touring Secretary, Paul Schofield 9444 0249, or at rides@mbtc.org.au . Please note that this e-mail address doesn't get checked every day - so don't expect an immediate response!

About the Ride Gradings

Easy: Relatively short distances and easy terrain, with no critical time factor. Suitable for the occasional cyclist.

Medium: Longer distances with varied terrain. Reliable gears, food, tools and wet weather clothing are advisable. Ability to maintain a reasonable speed to meet critical time factors is required.

Hard: Long distances and/or difficult terrain. Extensive experience in all aspects of cycling is mandatory. Riders must be able to maintain a good speed throughout the ride.

YHA

YHA Cycling is made up of people who enjoy cycling in the suburbs and out in country Victoria with a sociable group of like-minded people, aged mainly between mid 20s and mid 40s. YHA Cycling is a recreational club, not a racing club, and we do a mixture of day and weekend rides. The group is based in Melbourne, Victoria, under the umbrella of the YHA Australia, and is one of a number of such local YHA activities groups.

YHA contacts: Ride Co-Ordinator Kathy on rides@yhacycling.org.au or mobile 0425-792 574, or Secretary Voula on secretary@yhacycling.org.au; website: <http://yhacycling.org.au>